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## Knecht hasn't kept all eggs in one budget

Police chief has plan even if he doesn't get new staff **PAGE 4**

## 'Alarming' signs from Canadian ISIL radical

John Maguire seemed isolated: Acquaintance **PAGE 10**

## "SEX WORKERS' LIVES ARE GOING TO BE AT STAKE"

ADVOCATE OUTLINES FEARS ABOUT CANADA'S NEW PROSTITUTION LAW **PAGE 14**



## THE POPSICLE PRODIGY

University of Alberta engineering student Tony Dong poses with his record-breaking Popsicle bridge. Along with his three teammates, Dong is hoping to take his design to a national competition in Montreal this March. Story, page 6. CONTRIBUTED

# New development worth \$2.5 billion

**Arena levy.** City confident new growth will pay down debt



**RYAN TUMILTY**  
ryan.tumilty@metronews.ca

Edmonton's downtown arena has spurred \$2.5 billion in new development, according to the latest numbers from the city.

Councillors got the update on the downtown revitalization levy as part of budget discussions Monday.

Several residential and office towers have been announced for the area. Walter Trocenko, manager of economic sustainability, said it looks like the Community Revitalization Levy (CRL) will be able to deliver what the city hoped.

"We're pleased with the announcements made to date. It's absolutely what we hoped would happen, but you can only be so sure," he said.

In addition to the city's

office tower across from the arena site, the Stantec tower was recently announced, as were several residential towers on 106th Street.

Trocenko said that, with the city's business climate and growing interest in downtown living, they're reasonably confident the growth will continue.

"There's huge optimism. So we're thinking that if anything we will see steady growth," he said.

Despite the good numbers, he said the city is going to stay cautiously optimistic about the CRL because much of Alberta's economy is out of the city's control.

"If there was a flag on the

### Going forward

"There's huge optimism. So we're thinking that if anything we will see steady growth."

Walter Trocenko, manager of economic sustainability

horizon, oil prices would be it," Trocenko said.

Mayor Don Iveson said he was pleased to see the strong numbers and believes it shows the city made the right decision on the downtown levy.

"Some of that would have come anyways, but it's fair to say that based on discussions with some of the investors, their investment is arising because of council's commitment to downtown," he said.

Iveson said the positive growth will help the city in the long run because it will bring in more tax revenue.

"It's going to pay back the CRL and at the end of that there's going to be great injection into the city's coffers."

### Anticipation

"It's going to pay back the CRL and at the end of that there's going to be great injection into the city's coffers."

Mayor Don Iveson

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Crime

## Discovery of stun guns leads to man's arrest

Twenty-four stun guns have been seized by Alberta Law Enforcement Response Teams (ALERT) and the Canadian Border Services Agency (CBSA).

The investigation started after four packages of stun guns were found at the International Mail Centre in Vancouver. The package was destined for Alberta, according to the address on the package, after coming from Singapore. The CBSA referred the file to ALERT, which conducted a followup investigation.

ALERT officials say the weapons are dangerous, as the stun guns are designed to look like flashlights and with just a flick of the switch can deliver a high-voltage shock.

ALERT arrested Jason Kruse, 31, on Dec. 2 with the help of Edmonton police. A marijuana grow-op was also found inside the southside home, and Kruse now faces a total of 74 charges including importing a prohibited device, possession of an offensive weapon and unauthorized possession of a prohibited weapon.

METRO



The stun guns originated from Singapore, says ALERT. CONTRIBUTED

## Politics. City CFO lured away by provincial position

Edmonton will lose the city's chief penny pincher to a job in provincial politics, as chief financial officer Lorna Rosen is joining the Alberta government bureaucracy.

Rosen, who has been with the city nearly five years, helps to oversee the budget and watches the city's debt. She's moving to become deputy minister of the province's Education Department.



Lorna Rosen  
RYAN TUMILTY/METRO

"It's an opportunity for me to get into a larger policy discussion and wield a little more influence," said Rosen. She said her position with

the city is more about helping councillors than shaping direction and she downplayed her influence on decisions.

"The people who make the most important decisions, albeit with the information we provide them, (are on) city council," she said. "What I try to do, what I work really hard to do, is put the best possible information forward."

Coun. Michael Walters

said he was disappointed but not surprised Rosen had been hired away.

Walters said Rosen is responsible for helping the city get the most from every dollar.

"This is one of the most innovative cities financially if you look at what we were able to achieve under her watch and support," Walters said.

RYAN TUMILTY/METRO

# Eagerly-awaited Ski2LRT project inches ever closer

Transit. Initiative could expand to other LRT stations: Co-founder



STEPHANIE DUBOIS

stephanie.dubois@metronews.ca

The Ski2LRT movement is getting traction, as organizers are almost ready to install a ski rack at the Century Park LRT station so that users can park their skis before they hop on the train.

Shauna Rae, co-founder of the project, is hoping the ski holder will make it to the station before the end of December so transit users can take advantage of a different form of transportation.

"I think what's surprising to me is more people are ready to do this than I could have imagined," said Rae.

People are so excited for it that someone left the word "Ski2LRT" in the snow on Saturday, to let people know there are cross-country ski

### By the numbers

# 10

The ski rack at Century Park will have enough space to hold 10 sets of skis once installed.

connections between the Aspen Gardens neighbourhood and 34 Avenue.

The pilot project has been in the works for almost a year.

Depending on how it goes, there are plans to expand it to possibly the South Campus/Fort Edmonton Park LRT station, said Rae.

"Certainly since it is a pilot project, we'll learn from what's working and what's not working," she said, adding funding additional ski racks will mean seeking more dollars from the community.

The rack set to go in at the end of December was funded from nearby community leagues through the South-west-area council initiative.



Shauna Rae, co-founder of Ski2LRT, is confident the ski racks to be installed at the LRT station will be well used. STEPHANIE DUBOIS/METRO

# 11 NEWS



MOTO X

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# Police chief hopes to find new ways to keep up with demand

**Metro interview.** Rod Knecht discusses some ways to lighten the load of frontline officers

Police Chief Rod Knecht is hoping to find innovative ways to keep up with demand, even if the city doesn't fund the 84 officers he's looking for.

In a year-end interview with Metro, Knecht said he's looking at a collision reporting centre and a wellness shelter as ways to take some of the workload from front-line officers.

Knecht said the force is looking at a number of locations for the centre and he believes it would free up a lot of work.

"Somebody will take all the paperwork and work with the insurance companies, as opposed to have a police officer do that work," he said.

Knecht also hopes to resur-



Police chief Rod Knecht speaks to Metro during a year-end interview on Monday. RYAN TUMILTY/METRO

rect his plan for a wellness shelter to help deal with the homeless and mentally ill.

Knecht said the proposed shelter, which he has discussed for several years, would include

social workers and other advocates who could help people in marginal communities.

## Quoted

**"You have to prove to the political machine that this is an investment, that this works and I think I can do that now."**

Police chief Rod Knecht on making his case to city council and other levels of government for a wellness shelter.

He said he's prepared with a business case to sell that project to other levels of government.

"You have to prove to the political machine that this is an investment, that this works and I think I can do that now."

Coun. Scott McKeen said he fully supports the idea of the wellness shelter, because it will be a preventive tool to help pull back costs.

"We need to have the province step up here and help an awful lot, otherwise they're just going to have to pay for police," he said.

McKeen said both the shel-

## By the numbers

This year's police budget is projected to be the largest single expense for the city.

- **\$292 million.** That's the total bill projected.
- **\$150,000.** That's the annual cost of a police officer, including wages, benefits and equipment.
- **84.** Councillors could start voting on the 84 unfunded positions the chief is seeking Tuesday.

ter and the proposed collision centre are good ideas and ways the police can get ahead of problems rather than just responding to emergencies.

"If you're in a reactive mode and you stay in a reactive mode, they'll break the bank. The police service will break the bank." RYAN TUMILTY/METRO

## A view from within 'Calgary's worst driver' video



Shawn Baldwin, president of Officejobs, is among those seen in a video depicting 'Calgary's worst driver.' JEREMY NOLAIS/METRO

Shawn Baldwin watched curiously as the woman who had only just left his Officejobs business attempted to squeeze her silver BMW out of the stall next to his.

She had already tried to back straight up and hit a red car in the process. She then veered right and was wedged between Baldwin's car and a van belonging to office co-worker Debbie Simpson.

"I walked out the door and I

saw her there and she was stuck ... I figured I'm leaving, so this is going to solve her problem," recalled Baldwin, whose company helps set people up with office employment.

He pulled out of his spot with ease and left the parking lot. It wasn't until he was at home later watching the news with his wife that he saw a video that has now generated millions of hits and been picked up by news outlets around the

world. One Calgary police constable took to Twitter Friday, as the video generated much reaction, to declare the woman "Calgary's worst driver."

Instead of backing up into the vacant space left by Baldwin's ride, the BMW driver pulled forward and to the right, becoming stuck between Simpson's van and the red car she'd already struck.

Next, the owner of the red car came out to assist, unaware

that his vehicle had been hit. He began giving signals to the BMW driver as the duration of her parking-lot ordeal crept across the four-minute mark.

Baldwin did say he feels sorry for the woman, especially as the video of her driving skills has become the subject of countless jokes online. One version of the video had nearly 2.5 million views Monday afternoon.

JEREMY NOLAIS/METRO IN CALGARY

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## Const. Mike Wasylyshen

**Protesters call for firing of cop with a criminal record who got promoted**

A small protest Monday called on Edmonton police to fire an officer that has recently been promoted to sergeant, despite a criminal record.

Const. Mike Wasylyshen got a promotion despite two convictions for assault, including one for excessive force against an Aboriginal youth.

Organizer Taz Bouchier

said the promotion sends a terrible message to the community.

"It affects trust and accountability," he said. "I believe if they fire this man that would send a message loud and clear."

While not condoning the officer's past behaviour, Edmonton police Chief Rod Knecht says Wasylyshen is now leading a stable life and appears to be at the top of his game when it comes to policing.

"The man doesn't drink any more. He has a family now. He's stable and hasn't had any problems for 10 years." RYAN TUMILTY/METRO



Protesters call for Const. Mike Wasylyshen to be fired. METRO

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# Police probe local terrorism files

Edmonton's top cop said the city's police service is actively investigating "a number" of terrorism cases locally, as new information on a Canadian-turned-ISIL fighter was released Monday.

According to Edmonton Police Chief Rod Knecht, the city has two full-time members actively working on the terrorism beat, partnering with RCMP along with other government agencies

to fight extremists.

On Monday, a former Ottawa resident was shown in an Islamic State of Iraq and the Levant (ISIL) propaganda video, warning Canadians that there will be more attacks from ISIL and its affiliates.

Admitting the services are under-resourced, Knecht said there are a number of files being investigated, but wouldn't elaborate on a

specific figure.

"It's catastrophic if one of these individuals are successful in a terrorist activity, so we obviously don't want that," he said.

"These are challenging investigations and they are resource intensive because they require undercover operators and they require wiretaps and they require physical surveillance."

While the latest case comes from Ontario, Knecht said Edmonton is not exempt from these sorts of stories.

"This is in our backyard and it's happening in Edmonton," he said. "It can happen anywhere."

EPS has seen an increase in the number of people who self-radicalize in recent years.

LEAH HOLOIDAY/METRO

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University of Alberta students have set their sights on a national competition to build a bridge out of Popsicle sticks. CONTRIBUTED

## Students eye Popsicle prize

### Battle of Alberta.

Group from U of A takes its record-breaking design to the next level

### Bridge strength

**970**

The last bridge that Dong built could withstand 970 pounds.



LEAH HOLODAY  
leah.holoday@metronews.ca

Armed with nothing more than white glue and Popsicle sticks, a group of University of Alberta engineering students are hoping to break records in what could shape up to be a true battle of Alberta.

Comprised of civil engineering students, the team is setting its sights on the 31st annual Troitsky Bridge Building Competition in Montreal — an annual event that challenges students to design a bridge made of roughly 4,000 Popsicle sticks.

Team member Tony Dong has broken records locally the last two years for designing bridges for a similar U of A competition. His first record breaker in 2013 held 746 pounds. He followed that up with a bridge withstanding 970 pounds the following year.

Now, Dong has his sights set on a national title.

"We're quite confident," he said.

While the group is ready to face off against other students with a new and improved design from Dong's past victories, they still need to secure enough financing to get them and their bridge to the event.

In total, the group hopes to raise \$5,000 by Friday in order to cover travel and competition costs.

If they're successful with raising their goal amount, Dong said spectators should expect an exciting Battle of Alberta.

"The University of Calgary has been really active every year — they even have a separate student group for it. They send out 30-some people every year, with multiple teams," he said.

"If the first team the U of A sends out, just a group of four, goes and crushes everybody that would be pretty awesome for Edmonton."

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Total price \$36,011

### 2014 GLK 250

stk# N14-11222

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## Prentice promise. Critics skeptical of cleanup act

Alberta is bringing in new rules it says will help clean up the government, but opponents say the real test is whether Conservative Premier Jim Prentice's team will actually follow them.

The changes are contained in Bill 2, named the Alberta Accountability Act. The act follows up on a campaign promise made by Prentice to correct the spending irregularities and excesses that occurred under

former premier Alison Redford.

Among other changes, the act extends the cooling-off period for those leaving government, tightens up provisions for sole-source contracts and limits the amount of severance paid to political staff.

Wildrose member Rob Anderson says no act can close all the loopholes and it's up to Prentice to prove its worth.

THE CANADIAN PRESS

## Details. Police continue suspicious-death probe

Edmonton police have released new details in a suspicious-death investigation after a man was found unresponsive at a northwest home.

According to police, officers were called to a home near 122nd Avenue and 188th Street for reports of a drunken man on Saturday at approximately 11 p.m.

When they arrived, they

discovered the man was unresponsive, and EMS worked to revive him. He was pronounced dead at an area hospital.

Police say there had been an altercation at the home between the drunken man and another male individual. The pair knew each other.

One suspect was interviewed by police and released Sunday morning. **METRO**

# Foot-power upgrades proposed for LRT area

**McKernan/Belgravia.** Area mobility rates mean station was a 'natural fit': Planner



STEPHANIE DUBOIS  
stephanie.dubois@metronews.ca

Plans for making the area around the McKernan/Belgravia LRT station more pedestrian- and cycling-friendly are already in the works.

Station upgrades, safer crossings for pedestrians and a bike route are all proposed as part of the Area Structure Plan the public was consulted on last week at an information session.

"McKernan/Belgravia already has really great mobility rates, so people in the neighbourhood walk more than any other neighbourhood in the city, so it just seemed like a natural fit," said Michael Strong, principal planner.

Enhancing the 76th Avenue bike route so that it connects to the river valley trail system is part of the plan, as is a connection at University Avenue for pedestrians heading north



The ARP for the McKernan/Belgravia LRT station shows some of the changes planned for the area over the next 25 years. For the planned areas, visit our website [www.metronews.ca/edmonton](http://www.metronews.ca/edmonton). COURTESY CITY OF EDMONTON

or south. Improvements or upkeep to the University Avenue, Saskatchewan Drive, 112th Street and 115th Street bike routes are also included.

A place where cyclists can secure their bikes safely before boarding the LRT is another element, with a covered bike station as well as bike-repair

tools — something much appreciated by local cyclists.

"Being able to get there by biking or walking easily is really important to the success of these projects," said Christopher Chan, executive director of Edmonton Bicycle Commuters Society.

The timeline for the up-

grades is still a couple of years out, say city officials.

"The city saw this as an opportunity to take advantage of the fact the LRT was already built and use this plan to manage growth and shape it in a way with the community to figure out how we can live more sustainably," said Strong.

### 2012 killing

## Accused says he thought officer was a dog thief

An Alberta man who admits he caused the death of a bylaw officer told police he thought the 62-year-old former RCMP member was a thief trying to steal his dogs.

Trevor Kloschinsky told

investigators that he managed to eke out a meagre living selling the blue heelers he bred on a property just outside of Calgary, and Rod Lazenby had jeopardized that.

"He's a dog thief. He's the dog catcher. He's covering everything up," Kloschinsky told an officer in a video shot after his arrest and played in court Monday.

Lazenby, a retired RCMP officer who was responsible

for enforcing bylaws in the Municipal District of Foothills, died after going to Kloschinsky's property near Priddis to investigate a dog complaint on Aug. 10, 2012.

Court heard an autopsy found Lazenby was strangled and had 56 abrasions, contusions and lacerations to the face, head, neck, body and back. He also suffered numerous internal injuries.

THE CANADIAN PRESS



An artist's sketch of Trevor Kloschinsky in a Calgary court on Monday.

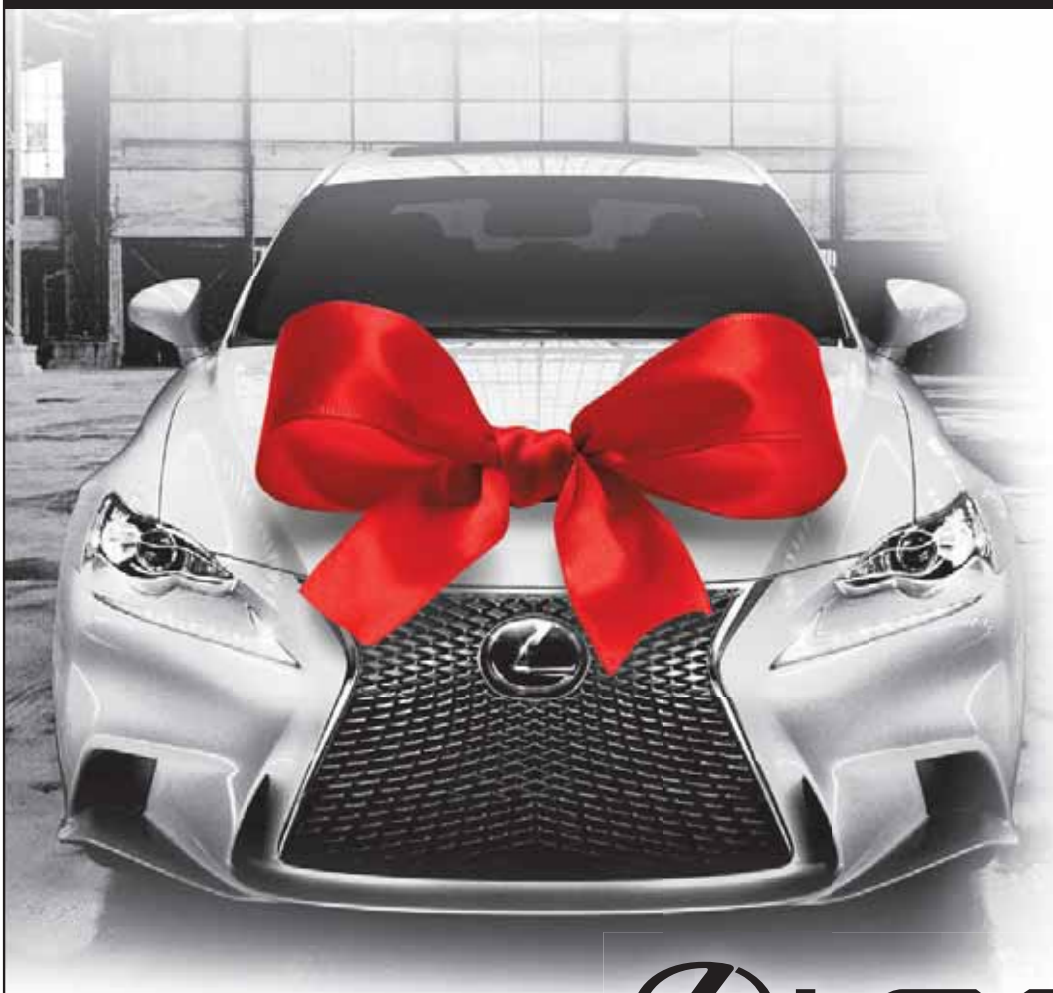
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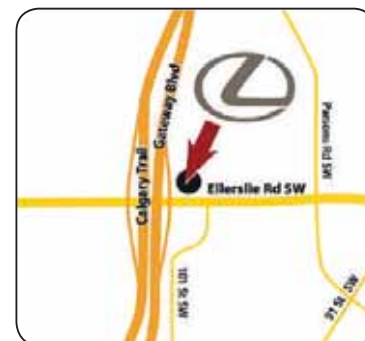
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## Video. Muslim group denounces call for attacks

A leading national Muslim group has categorically denounced the latest call for violence against Canada and other nations by the terror group that calls itself the Islamic State of Iraq and the Levant (ISIL).

"We condemn the depraved violence and extremism by this and other terror groups," Ihsaan Gardee, executive director of the National Council of Canadian Muslims, said on Monday.

"It is both a civic and religious duty to contact the authorities if one has any information about plans to hurt or harm anyone," Gardee said.

The council's comments come on the heels of reports that John Maguire of Ottawa, who now calls himself Abu Anwar al-Canadi and "Yaha," has posted a propaganda video online.

His video calls for terror attacks in Canada in response to Canada's participation in a co-



Ihsaan Gardee of the National Council of Canadian Muslims, right, is seen presenting an award at the NCCM's March 2014 Gala. TORSTAR NEWS SERVICE FILE

alition against ISIL.

"We emphasize the sacredness of life and repudiate any express statements or tacit insinuation that anyone should harm innocent people," Gardee said. "Our message to anyone who espouses, endorses, or in any way supports this ideology of violence, is that your actions have nothing to do with the authentic teachings of Islam."

TORSTAR NEWS SERVICE

## Security issues. Canadian Embassy in Cairo closed

The Canadian Embassy in Cairo has been closed amid security concerns, one day after the British Embassy suspended its services because of safety worries.

"As a security precaution and to ensure the protection of Canadian staff, we have closed our embassy in Cairo for the day," Adam Hodge, press secretary to Foreign Affairs Minister John Baird, wrote in an email.

The two western embassies, located next door to one another in the central Cairo district of Garden City, gave no further details on their closures.

However, three senior Egyptian security officials said that recent arrests of suspected militants revealed plans to target the embassies, abduct foreign

nationals and assassinate public figures. They did not elaborate further.

The embassy announced its closure locally through a message on its main telephone number on Monday.

An Egyptian security official said that Canadians asked for all roads around the embassy to be shut down and sought more security.

The official, who wasn't authorized to speak to journalists and as a result would only speak on condition of anonymity, said security would be tightened, but that the roads would not be closed.

Hodge would not discuss what exactly prompted the closure. THE CANADIAN PRESS

### Seeking deeper ties

#### Canadian military trainers arrive in Ukraine

The Harper government signalled Monday it wants to create deeper defence ties with Ukraine, signing a declaration that could lead to broader military co-operation in the region. Defence Minister Rob Nicholson said Canada is searching for bilateral ways to expand military training with Ukraine and that a team of trainers has arrived there. THE CANADIAN PRESS

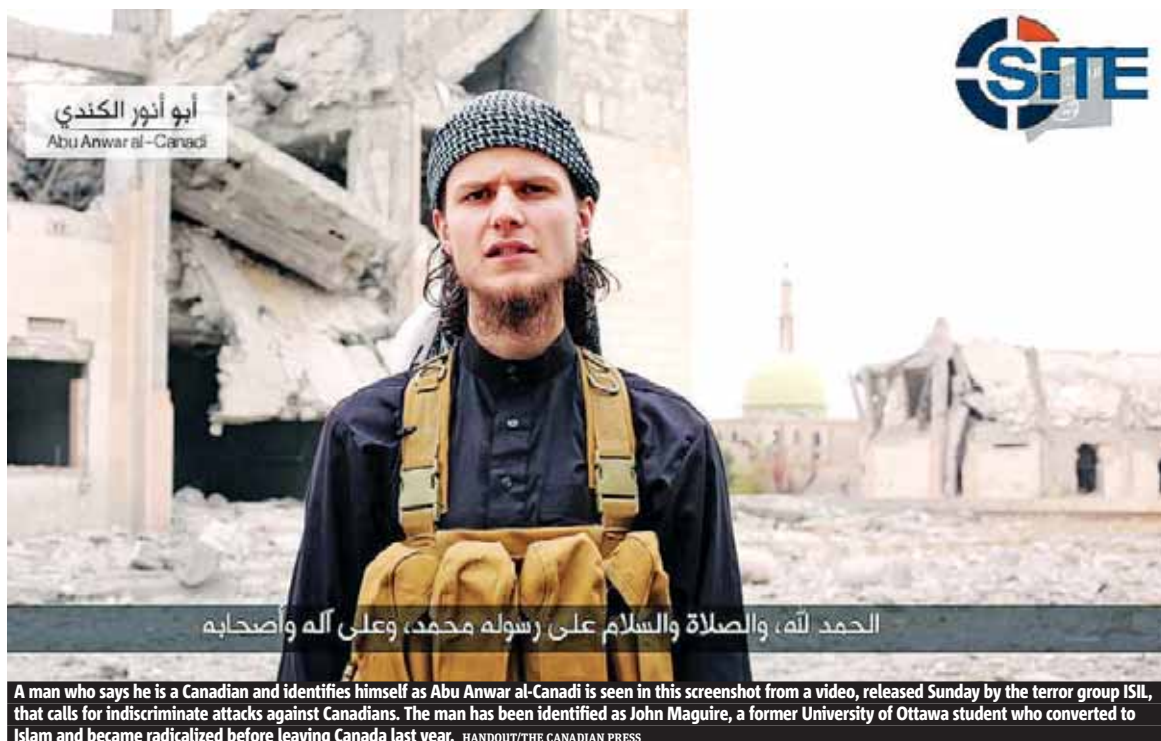
### Memo

#### CBC union warns members about Ghomeshi probe

The Canadian Media Guild, which represents CBC employees in a memo that what they tell an investigator looking into the broadcaster's handling of workplace harassment allegations against Jian Ghomeshi could be used by management against them.

Ghomeshi is facing five criminal charges.

THE CANADIAN PRESS



# Jihadist seemed to lack friends: Acquaintance

### John Maguire.

Former Ottawa man who appears in a new extremist video seemed to lack friends, acquaintance says

John Maguire, a former Ottawa man who appears in a new extremist recruiting video, seemed to lack close friends in Canada and kept his distance from others, says an acquaintance who used to pray with him.

"People had very superficial relationships with him," said Stephane Pressault, who met Maguire four years ago during Friday prayers at the University of Ottawa. Pleasantries were

### Quoted

"This young man was really quite isolated — no one really knew what he was thinking."

Stephane Pressault, national co-ordinator with Project Communitas, who says he met John Maguire four years ago.

exchanged, but no deep ideas were shared, said Pressault, the national co-ordinator with outreach group Project Communitas.

"It's not that he was a loner. But he didn't share his opinions on things. And he didn't have ... a best friend, or a clique, or a group of people that he always turned to," Pressault said. "In retrospect, that's alarming."

Project Communitas is grappling with the phenomenon of Islamic radicalization as part of its mission to foster citizenship, dialogue and youth leadership.

Maguire's polished propaganda video, released Sunday, urged Muslims to launch indiscriminate attacks against Canadians, similar to those carried out in October in Ottawa and St-Jean-sur-Richelieu, Que.

Maguire — whose passport was apparently revoked after he left Canada — likely became "fed up" with Canadian society at some point, said Jocelyn Belanger, a psychology professor at the University of Quebec at Montreal who has studied radicalization around the world.

Belanger surmises Maguire

could have been spurred to join radical Islamic militants overseas because he didn't fit in at home and felt insignificant — a typical motivation for extremists.

One can regain significance by building a successful career or becoming a role model, Belanger said, but such accomplishments take time.

This is why propaganda created by the al-Qaida splinter group known as the Islamic State of Iraq and the Levant (ISIL) has been so effective, he added: "Their ideology dictates the actions required to become a hero, a martyr, a rock star."

Public Safety Minister Steven Blaney reiterated Monday that new anti-terrorism legislation is coming, but he offered no specifics or even a timeline.

THE CANADIAN PRESS

## Man facing terrorism charges to have bail hearing

A man arrested by Quebec provincial police on terrorism-related charges will have a bail hearing Tuesday.

Crown prosecutor Lucie Martineau objected to Nejib Belhaj-Chtioui's release on Monday as he was arraigned at the Montreal courthouse.

Police say he was the subject of an outstanding warrant and was arrested Sunday at

Montreal's Pierre Elliott Trudeau airport upon returning from Tunisia.

He faces two charges relating to the terrorism hoax section of the Criminal Code — conveying information and committing an act to cause reasonable concern that it is connected to a terrorist activity.

The investigation was conducted by a provincial police

unit that probes extremist threats.

Martineau said she objected to Belhaj-Chtioui's release because he hadn't been in Canada and was arrested at the airport.

She wouldn't say if she thought he would flee the country if released, adding, "I just objected to his release today and we will know more

about him tomorrow (Tuesday)."

Martineau said there had been a warrant out for Belhaj-Chtioui's arrest since 2013 for acts allegedly committed between May 13 and May 20, 2011, but wouldn't elaborate.

She added she believed Belhaj-Chtioui had been out of the country since warrant was issued. THE CANADIAN PRESS



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# New Delhi bans Uber as driver accused of rape

## Blow for ride-sharing service.

The Indian capital on Monday banned taxi-booking service Uber after a woman accused one of its drivers of raping her.

Transport official Satish Mathur made the announcement as the 32-year-old suspect appeared in a New Delhi court.

The court ordered Shiv Kumar Yadav held for three days for police questioning over allegations that he raped the finance company employee after being hired to ferry her home from a dinner engagement on Friday night.

The court also ordered Yadav's cellphone confiscated, according to Press Trust of India.

The case, almost two years after a young woman was fatally gang-raped on a bus in the capital, has renewed national anger over sexual violence in

India and demands for more effort to ensure women's safety.

The CEO of San Francisco-based Uber, Travis Kalanick, said the company would do “everything to bring the perpetrator to justice and to support the victim and her family in her recovery.”

He also sought to deflect some of the blame on to officials, saying the company would work with the government to establish clear background checks.

**THE ASSOCIATED PRESS**



## NATO lowers flag on Afghanistan mission

NATO soldiers fold the flag of International Security Assistance Force Joint Command, the NATO entity in charge of combat operations in Afghanistan, during a flag-lowering ceremony in Kabul, Afghanistan, Monday. The U.S. and NATO ceremonially ended their combat mission in Afghanistan on Monday, 13 years after the Sept. 11 terror attacks sparked their invasion of the country to topple the Taliban-led government. MASSOUD HOSSAINI/THE ASSOCIATED PRESS

## Human rights

## Probe demanded in police killings of black Americans

Protesters carrying signs bearing names of black Americans killed by police have marched outside the U.S. Capitol to demand a human rights investigation. **THE ASSOCIATED PRESS**

## Cleveland

## Rice's mom wants cop convicted

The mother of a 12-year-old Tamir Rice, shot by a Cleveland policeman, says she wants him convicted for killing her son, who was carrying a pellet gun that police say looked real.

**THE ASSOCIATED PRESS**



**Samaria Rice, mother of Tamir Rice, speaks during a news conference Monday. THE ASSOCIATED PRESS**

## Justice Department

## Obama admin bans profiling by law enforcement

The Obama administration issued guidelines Monday that ban federal law enforcement from profiling on the basis of religion, national origin and other characteristics. protocols

the Justice Department hopes could be a model for local departments as the U.S. tackles questions about the role race plays in policing.

The policy, which replaces decade-old guidelines established under the Bush administration, also will require federal agencies to provide training and to collect data on complaints. **THE ASSOCIATED PRESS**

## Election campaign

## Israeli lawmakers dissolve parliament

Israeli lawmakers unanimously voted Monday to dissolve parliament, officially ending the legislature's term two years ahead of schedule and kicking off the country's election campaign ahead of a March 17 nationwide vote.

THE ASSOCIATED PRESS

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# Assignment at U of T pulled

**University of Toronto.** Graduate business school pulls class assignment over concerns of sexism

The Rotman School of Management has pulled a controversial class assignment from a first-year MBA course after concerns were raised about its portrayal of women.

The assignment, issued last week for a class on capital markets, features a fictional female business student who is offered a public relations job with her "favourite company of all time," jeweller Tiffany and Co. She is struggling to decide which compensation package she should accept.

Several students in the University of Toronto's graduate business school were openly dismayed by the assignment, saying there is "just so much wrong" with

its portrayal of "Elle Forest," a ditzy woman who requires the assistance of her Yale-educated boyfriend to figure out which compensation package she should accept.

Torstar News Service received a copy of the assignment from a student, who was unimpressed by its depiction of the hapless lead character.

Torstar took those complaints to the Rotman School of Management on Thursday.

Students told Torstar that Professor Kent Womack, who teaches the capital markets class, later apologized verbally for the assignment, which was he said written by a teacher's assistant. He then advised the class to think carefully before speaking to the media, according to students.

One student, who asked not to be identified over concerns of reprisal, said some classmates started to clap after the professor advised against commenting to the press. **TORSTAR NEWS SERVICE**



## Video-game pioneer dies

In this image from the Games Convention Online in Leipzig, Germany, German-American game developer Ralph Baer shows the prototype of the first games console, which he invented. The video-game pioneer, who created both the precursor to Pong and the electronic memory game Simon, has died. He was also the leader of the team that developed the Magnavox Odyssey, the first home video-game console. Baer, who was born in Germany and escaped the Holocaust with his family, was a longtime resident of Manchester, N.H. The Goodwin Funeral Home confirmed Monday that he died at his home Saturday. He was 92. **JENS WOLF/THE ASSOCIATED PRESS FILE**

## Regulating e-cigarettes tough

Just a few years ago, early adopters of e-cigarettes got their fix by clumsily screwing together a small battery and a plastic cartridge containing cotton soaked with nicotine.

Now, the battery-powered contraptions have computer chips to regulate puffs and temperature, track usage, talk to other electronic devices and even blink when "vapers" are near each other.

U.S. officials say the technology race could make creating standards for the devices, which heat a liquid to create vapour rather than burning tobacco, more difficult in the future. Unlike traditional smokes that are simply chopped tobacco rolled in paper with a filter, e-ciga-

**A first**  
In April, the FDA for the first time proposed a set of regulations for e-cigarettes, including banning sales to minors and requiring health warning labels, as well as approving new products.

rettes come in many shapes and sizes and the technological changes only make regulating them more of a headache.

At the same time, a rapidly growing market for e-cigarettes and the possibility that the devices could be safer than regular cigarettes have some in the industry worried that regulation that's too heavy-

handed would stifle the technological innovation — and their businesses.

"I think it's fair to say that there will always be some degree of a gap between (data) and the latest innovations," Mitch Zeller, director of the U.S. Food and Drug Administration's Center for Tobacco Products, said in a recent interview with The Associated Press.

"But that's the beauty of regulation because over time, regulation closes that gap.... We will get to a point where new products have to come through us first."

It's unclear how quickly regulation will proceed, but the FDA seems to be taking a deliberate approach.

**THE ASSOCIATED PRESS**

## Low oil prices. Oilpatch companies tighten belts

There were more signs of belt-tightening in the oilpatch Monday, as oil prices continued their downward slide and energy stocks were mummelled.

Precision Drilling Corp. and Vermilion Energy Inc. were among the Canadian energy firms to cut capital budgets for next year, in addition to Trilogy Energy Corp., which is also halting its dividend "given the current market environment."

U.S. benchmark crude for January delivery was down more than four per cent from Friday's settlement, at \$63.05 US a barrel on the New York Mercantile Exchange.

Crude is off nearly 40 per cent since mid-summer and

the lowest it's been in five years. The drop has intensified since late last month when the Organization of Petroleum Exporting Countries decided to maintain its production rather than cut it in order to support prices.

The energy sector was down about 6.5 per cent on the Toronto Stock Exchange on Monday, following last week's five per cent slide.

Looking ahead to 2015, oilpatch firms are taking a conservative approach.

Precision Drilling said Monday it plans to spend \$493 million in 2015. This year's spending is expected to ring in at \$885 million, with \$350 million being carried over into 2015's budget.

**THE CANADIAN PRESS**

### Angers activists

## Facebook seems to be courting China

A Chinese government news portal released a photo Monday of Facebook founder Mark Zuckerberg with a copy of Chinese President Xi Jinping's book on governance at his desk while hosting the country's top Internet regulator.

Facebook is currently blocked in China.

The gesture, interpreted as an effort by Zuckerberg to court the government, disappointed and angered activists in China, who have long held the social networking company in high regard for its ability to share information beyond the tight controls of the ruling Communist Party.

**THE ASSOCIATED PRESS**

### Hachette

## You can buy books via author tweets

A leading book publisher is hoping that Twitter will not only help promote books, but sell them directly.

Hachette Book Group announced Monday that it has teamed with the e-commerce platform Gumroad. The deal will allow Twitter users to purchase print editions of selected works by clicking on buy buttons from within authors' tweets.

**THE ASSOCIATED PRESS**

### Market Minute

	<b>DOLLAR</b> 87.09¢ (-0.38¢)
	<b>TSX</b> 14,144.17 (-329.53)
	<b>OIL</b> \$63.05 US (-\$2.79)
	<b>GOLD</b> \$1,194.90 US (+\$4.50)
<b>Natural gas:</b> \$3.62 US (-\$0.18)	
<b>Dow Jones:</b> 17,852.48 (-106.31)	

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## VOICES

## ‘DEVASTATED’: EX-SEX WORKER

With Canada's controversial new prostitution law now in effect, Metro's Thandi Fletcher talks to advocates for their take on why Bill C-36 puts sex workers at risk



**THANDI FLETCHER**  
Metro in Vancouver

When Kerry Porth worked in the sex trade a decade ago, she says she never encountered a situation where she felt in danger.

Although she struggled with severe drug addiction, poverty and occasional homelessness at the time, Porth credits her ability to stay out of harm's way with being able to work from home, where her partner was always nearby.

"I think that speaks to the value of being able to work indoors and have someone there to protect you," she said.

Porth, now an advocate for sex workers' rights and a board member for Vancouver's Pivot Legal Aid Society, fears Bill C-36, Canada's new prostitution law, will compromise the safety of those still working in the sex trade.

"I'm pretty devastated about it," said Porth, who appeared before the House justice committee in July to speak out against the new legislation. "This bill is really going to place sex workers in further harm."

Justice Minister Peter MacKay has said that once passed into law, the prostitution bill will mean safer conditions for sex workers. But for Porth, the claim is laughable.

### In harm's way

**"While we continue on with this failed experiment, sex workers' lives are going to be at stake."**

Kerry Porth, former sex worker

Over the past year, she and others have worked tirelessly to convince government of the link between criminalization of prostitution and violence against sex workers.

She said the new law will make prostitution more dangerous by driving sex work into the shadows, rushing communication with clients and preventing sex workers from properly screening clients.

For sex workers who operate indoors, she said, the new law makes it difficult for them to advertise their services, forcing them to place vague classifieds.

"They can't be explicit about what acts they're willing to perform," she said, adding that this could drive some sex workers to the street in search of new clients.

The new law also heightens safety risks for street-level sex workers. Under the new law, she said sex workers wouldn't be inclined to work in well-lit areas because clients will want to



Kerry Porth says Canada's new prostitution law will put women in danger. THANDI FLETCHER/METRO IN VANCOUVER

avoid police detection.

Already, she said, her fears are being realized.

The day Bill C-36 received royal assent, Porth said a sex-worker friend told her three

clients had refused to provide their real names and phone numbers.

"Those are essential screening techniques that sex workers employ," she

said. "Clients are going to be really leery about complying with screening techniques when they fear there's a police officer on the other end of the phone."

### Old vs. new

Last December the Supreme Court of Canada threw out existing prostitution laws, saying they violated the Charter of Rights and Freedoms.

- Under the old law, buying and selling sex was legal, but activities around it were illegal. The key difference under the new legislation is that selling sex remains legal but buying sex, and communications around buying sex, will be against the law.

- It is now legal to communicate with the intention of selling sex in some circumstances. This is a change from the previous laws, which made it illegal to negotiate the sale of sex in any public place.

- It is now illegal to sell sex in public view or next to a school ground, playground or daycare centre.

- It is now legal, technically, to advertise your own services, but illegal to advertise the sale of others' sexual services.

- It is against the law to benefit materially from another person's sex work, with some exceptions.

## New prostitution law, same harm to workers: Lawyer

Metro talked to Katrina Pacey, a lawyer for Vancouver's Pivot Legal Society, for her take on the controversial new law.

**How is Bill C-36 different from previous laws on prostitution?** It's a different law, but the impact on sex workers' health and safety will be the same. Bill C-36 targets communication for the purposes of prostitution, the purchase of sexual services, advertising, and sex workers' ability to work with others

like security guards.

By targeting all of those various activities, it takes away sex workers' ability to use those relationships and situations to enhance their safety.

**Does Bill C-36 improve conditions for sex workers?**

No. Bill C-36 doesn't make anything better for sex workers. The government has tried to paint it that way. (Justice) Minister (Peter) MacKay has said that this is about rescuing

victims who are in prostitution and trying to eliminate prostitution through criminal law, but we know that neither of those objectives will be achieved.

By making it illegal to purchase sex and targeting clients, sex workers at the street level will continue to get driven into the most isolated and dark parts of the city because their clients are getting driven into those places to avoid police detection. Sex work will continue to happen, but

in an underground fashion. As a result, the whole industry gets made less safe.

**How is Bill C-36 going to change things for sex workers?** It is going to continue to create a distrustful relationship between sex workers and police, who they would like to be able to count on for support.

What we don't know at this point is what enforcement is going to look like. It's up to the various police

departments and RCMP detachments to decide how vigorously they're going to enforce (the law).

In Vancouver, the police have made some very promising and progressive statements that they're not interested in arresting people who are engaged in adult sex work that is consensual.

While we wait for these laws to go through a court challenge, we hope that other police departments will follow suit.

**What's next?** There's a conversation happening around the country now among sex workers, organizations and lawyers about what a court challenge would look like, and when and how it will happen.

We're a part of that dialogue and we're very actively thinking about litigation.

I don't have anything concrete at this moment to say about timing, but I can say for sure that a court challenge will happen. **THANDI FLETCHER/METRO IN VANCOUVER**



Gossip

NED EHRBAR

METRO'S TAKE ON  
THE WORLD OF  
CELEBRITIES



William and Kate GETTY IMAGES

## Some Big Apple tourist traps we suggest Will and Kate avoid

The British are here! The British are here! The Duke and Duchess of Cambridge — who will always be Prince William and Kate Middleton to me, sorry — are, like countless tourists this month, in New York to see the sights. Although it's too late to warn them away from the Empire State Building — baby, it's cold up there — we would still like to save them some time and grief with advice on what other tourist traps they should avoid.

**Cabaret on Broadway**  
Or whichever bar Shia LaBe-

ouf was drinking at before going to see Cabaret. That does not end well.

**Guy Fieri's restaurant**

Although the horrendous menu at Guy's American Kitchen & Bar might be the most American thing in the world, we think the Royals would be doing themselves a favour by passing up a chance to sample the Guy-talian Nachos or the Awesome Pretzel Chicken Tenders.

**Those damn Cronuts**

Speaking of food: the signature pastries at Dominique Ansel's bakery? Not worth

the wait. Plus, they're pretty French, so the Brits probably want to avoid them anyway.

**The Hot Bird**

Or any other Brooklyn bar currently enforcing a ban on babies. Although Prince George is sitting this trip out, it would look like a betrayal to fellow parents everywhere if Kate were to cross the stroller-choked picket line.

**Taylor Swift's Tribeca loft**

Will and Kate already know what a paparazzi mob looks like, and they shouldn't buy into that whole "NYC Welcome Ambassador" nonsense.

## Swift and Kloss make out (or just discuss the music)

Congratulations, Taylor! You've officially reached the fevered lesbian rumour stage of your career. Sources are breathlessly exclaiming that Swift and model Karlie Kloss are more than just friends, going so far as to suggest photos show the pair totally making out in the balcony at a concert by The 1975 last week. Or, you know, they could've just been trying to talk to each other during a loud rock concert.



Taylor Swift GETTY IMAGES

## Lautner a bit too popular at two Hollywood gay bars

Hey, remember Taylor Lautner? He of the Twilight franchise, who briefly "dated" best friend Taylor Swift? Maybe he thought you'd forgotten him enough that he could just relax and enjoy himself.

Well, not so much. Lautner hit up a couple of gay bars in West Hollywood recently with friends but ended up drawing a fair amount of attention.

First, model Murray Swanby got himself a selfie with Lautner at famed gay bar The Abbey. Then Lautner and pals scooted next door

to another bar, Mother Lode, but the attention got to be too much.

"Taylor only stayed at Mother Lode for a half-hour, but seemed to be having a blast. It is a fun gay bar with super-strong drinks, and he was in the back with two friends, who looked to be very close by their interactions," a source tells Radar Online. "Taylor was definitely trying to be incognito, it looked like, but everyone there was staring at him. I think he left because people kept asking him for photos with him and he declined."



Taylor Lautner, right, and model Murray Swanby. INSTAGRAM

2  
SCENE

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# Taylor Swift's year of note

**Music.** Country hit-maker tops charts and industry chatter with her pop-fuelled 1989

From her expert use of social media to her highly publicized reflections on the music industry, Taylor Swift has caught the public's attention multiple times in a year that's seen the country singer reinvent herself as a full-blown pop star via her latest, chart-topping album, 1989.

## "Love affair" between artist and fans

In July, Swift wrote an op-ed for the Wall Street Journal offering up her thoughts on music sales and the industry's future, referring to herself as "an enthusiastic optimist: one of the few living souls in the music industry who still believes that the music industry is not dying ... it's just coming alive."

Among her points: that having fans will get artists record deals rather than the other way around, something she exemplifies in her strong social media presence.

Leading up to her album launch, Swift made smart use of social networks, announcing the LP in a Yahoo! livestream while taking questions from fans via Instagram, Skype and Twitter, later counting down to the launch with snapshots of lyrics on Instagram, and inviting some lucky followers to her home for private listening parties.

"I believe couples can stay in love for decades if they just continue to surprise each other," she wrote in the WSJ, "so why can't this love affair exist between an artist and their fans?"

## Genres "less of a career-defining path"

In her op-ed, Swift alluded to something fans could expect of her later in the year, when her decidedly non-country album 1989 came out.

She said, "I want to make music that reflects all of my influences, and I think that in the coming decades, the idea of genres will become less of a career-defining path and more of an organizational tool."

Her pop album was released in late October and topped charts in a dozen countries, becoming the first of the year to go platinum in the U.S.

## "People are still buying albums"

Immediately following the release of 1989, Swift made headlines again when she took her entire catalogue off the streaming service Spotify.

In her op-ed, Swift had expressed optimism about people's interest in albums, but also acknowledged that streaming — along with file-sharing and piracy — was shrinking album sales.

Despite Swift's absence on Spotify, in December, 1989 topped the very first Billboard U.S. album chart to incorporate streaming figures and song downloads as well as physical and digital sales, showing her enthusiastic optimism may not be far off the mark. **AFP**

## Quoted

**"I believe couples can stay in love for decades if they just continue to surprise each other, so why can't this love affair exist between an artist and their fans?"**

Taylor Swift said in her WSJ op-ed



Taylor Swift reinvented herself as a pop star with her album, 1989. GETTY IMAGES

## Three songs you have to hear now



**SOUND CHECK**  
Alan Cross  
scene@metronews.ca

## Storm/ Soundgarden



While the band was preparing their collection of rarities and unreleased tracks, Soundgarden decided to record a brand new track back in May and managed to keep it under wraps until just recently.

## Take My Side/ Will Butler



With the band's crazy schedule, where did the Arcade Fire bro ever find time for a solo album? And how did he keep it quiet? Policy will be out on Merge on March 10.

## Friend/ Residual Kid



This trio of 14-year-olds from Austin would like everyone to know that they rock better than you. And they've got a new record deal to prove it.

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## TV. Russell Crowe takes a Gander but finds no sign of Republic of Doyle pals

Oscar-winning actor Russell Crowe was briefly in Newfoundland on Sunday and pined for absent friends through Twitter.

Crowe tweeted out to his friends Alan Doyle of the band Great Big Sea and actor Allan Hawco that he was disappointed to land in Gander and that the pair didn't drive to meet him, adding: "Guess I'm partying alone."

The three appeared together in the television show The Republic of Doyle in 2012

after Doyle and Crowe became friends.

Crowe also tweeted out selfies with no one in the background, joking that he was "Battling through the crowds for my public appearance in Gander, Newfoundland."

The actor has more than 1.6 million followers on Twitter.

"I love Newfoundland ... just sayin'. Wish I could be here longer," he tweeted before leaving.

THE CANADIAN PRESS



Russell Crowe TWITTER



# K. Michelle pours her hip-hop heart out

**Music.** Rebellious songstress reveals her wounded self on new album *Anybody Wanna Buy A Heart?*

EMILY  
LAURENCE  
Metro in New York City

Those familiar with K. Michelle — whether it's by watching VH1's *Love & Hip Hop* or listening to her debut album *Rebellious Soul* — know she doesn't hold back. If you make her angry, everyone will find out. But the R&B songstress is showing a softer side with her sophomore LP, *Anybody Wanna Buy A Heart?* (out Dec. 9) and her current VH1 reality show, *K. Michelle: My Life*.

Metro talked to her about exposing her pain and letting people see the real K. Michelle.

## Heartbreak and healing

"When I was recording the album, I was really trying to come to grips with something and either get over it or decide whether I wanted to stay in it. So it was a good time to record an album," Michelle says of the new album, which she recorded just three months ago. She tells us almost all the songs are about the same person, which Internet rumours suggest is actor Idris Elba.

Maybe *I Should Call* is especially raw, a song about being in love with a man who is having a baby with another woman. "I sent him a couple songs off the record and he said it was sad that we're in this position, but this is art. And he said it was a great vocal performance," Michelle tells us about her muse. But when asked if she saw the album as a way to have the last word, she said no, "I see it as a way to heal."

## On that Drake song

Not all the songs are intensely emotion-filled. Drake's *Would Love Me* is basically a fan's love song to Drake. "Girls look at Drake and think, 'Oh my God, he's so sweet.' He's the only one singing real love songs to girls. Other guys are offensive to women," Michelle says.

"I sent Drake the record

and he loved it. He was like, 'This is dope. This is crazy. I'm so honoured.'"

## Reality TV vs. her reality

*Love & Hip Hop* fans may remember Michelle as a hot-headed drama queen, but while her current show still has plenty of drama, the singer put herself in control as executive producer to make

sure that wasn't all people saw. "People get to see me as a business woman and a mother. It's hard," she says. But she certainly couldn't control everything. "The finale (which aired Dec. 8) is shocking and it was shocking for me to experience," she says. "To end the season like that, I thought, wow, (my life) really is made for TV."

## Quoted

"I sent Drake the record and he loved it. He was like, 'This is dope. This is crazy. I'm so honoured.'"

K. Michelle



K. Michelle GETTY IMAGES

## Music anniversary

### Roxette takes '80s hits on tour

The Swedish duo behind the single *It Must Have Been Love*, heard on the soundtrack of Garry Marshall's *Pretty Woman*, this week announced an international tour coinciding with their 30th anniversary.

Roxette will kick off the series with a show in Auckland, New Zealand, on Feb. 7 and the tour will conclude in Roxette's native Sweden. **AFP**

## Digital music

### Happy, Frozen are iTunes' top sellers

The soundtrack for *Frozen* and Pharrell's viral *Happy* are the year's top-selling album and song on iTunes.

Apple announced Monday that Taylor Swift's 1989, just released in October, is behind *Frozen*. Coldplay's *Ghost Stories*, Sam Smith's *In the Lonely Hour* and the Guardians of the Galaxy soundtrack round out the Top 5 albums. **THE ASSOCIATED PRESS**



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# Heal the mental injury, too

**Pain.** Hurting yourself during a workout has an effect on the mind

SEPTEMBRE  
ANDERSON  
life@metronews.ca

There's nothing like an injury to bring you from the top of your game to champion couch surfer. While injuries are an inconvenient part of an active lifestyle, being sidelined by one can shake even the toughest competitor.

"I can tell you from personal experience that suffering an injury is one of the most frustrating things to ever happen because you don't feel that you're ever vulnerable," said Dr. Howard A. Winston, family and sports medicine physician at the Centre for Health and Sports Medicine in Toronto.

## Prevent the hurt

Heather Gardner of Tribe Fitness in Toronto shares her tips on avoiding injuries.

- **Warm up.** Start with easy cardio lasting 15 minutes to raise your body temperature, get your heart rate up and muscles moving.
- **Build.** Slowly increase your gym time and intensity by about 10 per cent a week.
- **Don't overdo it.** "Make sure that whatever you're doing, you're listening to your body."
- **See a professional.** Consider help from a personal trainer to learn proper form.



An injury can have a lasting mental effect even after it has healed. ISTOCK

Winston played tennis at the provincial level and had to fault the finals due to personal injuries.

While many focus on the physical toll of injuries, the mental effects can't be ignored. Many athletes, recreational or professional, have found that the fear of reinjury, not the injury itself, is what holds them back.

Ryan Grant knows what it's like to be sidelined by injuries. The co-owner of HeadRush Training Center, a mixed martial arts gym in Toronto, saw his Olympic dreams shattered, literally, when he broke his hand during a boxing match.

"I went to nationals to see if I could qualify and that last year, for qualifications for nationals, I shattered my hand."

Grant spent six months in a cast and another six months in physiotherapy all while watching his competitor, the one he broke his hand on, go on to become world champion.

"Growing up, my brother went to the Olympics, my other brother was a world champion. I was supposed to be that guy," said Grant.

Grant, however, did not let his post-injury reluctance keep him from returning to the gym.

"You can't go in anything — work, school, relationships — harbouring something over the top of your head."

He built up his confidence by starting with exercises that he knew he could do and then increasing the challenge level, or what Grant calls "making sure the water's warm before getting back in there."

He also found wearing a brace — "mental reassurance," he says — helpful to regaining his mental toughness.

Grant agrees that it's the mental hurdle that's harder to get over than the physical hump. "I see it in athletes now. You'll see internal ailments

that you can't control and it'll shatter your whole hope."

"An injury is so demoralizing," Winston says. "At the same time, it happens and you know you can recover from it if it's not serious and you can get back to competing again."

Winston recommends a holistic approach to recovering from an injury that includes physical and mental care.

"Anybody who suffers an injury is best served by a multidisciplinary facility ... because all aspects of care can be covered through one roof," he said. "You're seeing people who understand your interests and concerns."

## A new way of assessing antioxidants

The benefits of certain foods such as orange juice could be more important than we think, according to a new study suggesting current methods for determining antioxidant activity only tell half the story.

Researchers from the University of Granada developed a method called the global antioxidant response (GAR) that they claim provides a more thorough analysis because it assesses food in its entirety.

The researchers say that current methods for determining antioxidant value reflect only the portion that gets absorbed by the small intestine, called the liquid fraction.

"The problem is that the antioxidant activity of the solid fraction (the fibre) isn't measured, as it's assumed that it isn't beneficial," says study author José Ángel Rufián-Henares.

"However, this insoluble fraction arrives at the large

intestine and the intestinal microbiota can also ferment it and extract even more antioxidant substances, which we can assess with our new methodology."

Using its GAR method, which simulates gastrointestinal digestion in vitro, on both commercial and natural orange, mandarin, lemon and grapefruit juices, the team found 70 per cent of the antioxidant activity was found in the solid fraction, meaning that

the numbers could be far greater than previously established.

"The antioxidant activity is, on average, 10 times higher than that which everyone thought up until now, and not just in juices, but also in any other kind of food analyzed with this methodology," says Rufián-Henares.

The study was published in the journal Food Chemistry.

AFF



The global antioxidant response method is the latest in assessing antioxidant value. AFP



# LEARNING CURVE

## Mini MBA saves time and money

*Programs teach managers skills they need to reach next step*

If years of study and expensive tuition are simply not an option think small — real small.

Mini MBA programs are very popular and are available at more and more universities across the country. While there is no certification at completion, these programs teach managers enough of what they need to know to get to the next step.

"It's for managers who have come up through a functional route like sales, finance, marketing or engineering and they're moving into their first real general



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### NUMBER CRUNCH

# 30

The number of students in the University of Calgary's business essentials program each year.

management position," says Hugh Evans, director of executive education at the Haskayne School of Business at the University of Calgary.

While they might have knowledge in their specialty, they need a broader knowledge of management systems to make businesses work effectively, he adds.

The business essentials program runs from October to March, with about 15 one-day sessions on Fridays covering the main

elements of management practice. This schedule is effective for retention and applying what students learn when they go back to work, Evans says.

"There's pre-reading, post-reading and activities to do, but the most significant red thread that goes through the program is the project."

Students take on a project and use it as a focal point for what they are learning and use the professors as consultants.

Many people choose this type of program to avoid the time commitment and cost of a full MBA program. However, Evans says about 10 to 15 per cent of people in the business essentials program eventually get their MBA. In terms of cost, this mini MBA program is \$8,500, where an executive MBA could run about \$60,000.

"The phrase I use is, it's MBA thinking without the crushing time commitment," Evans says.

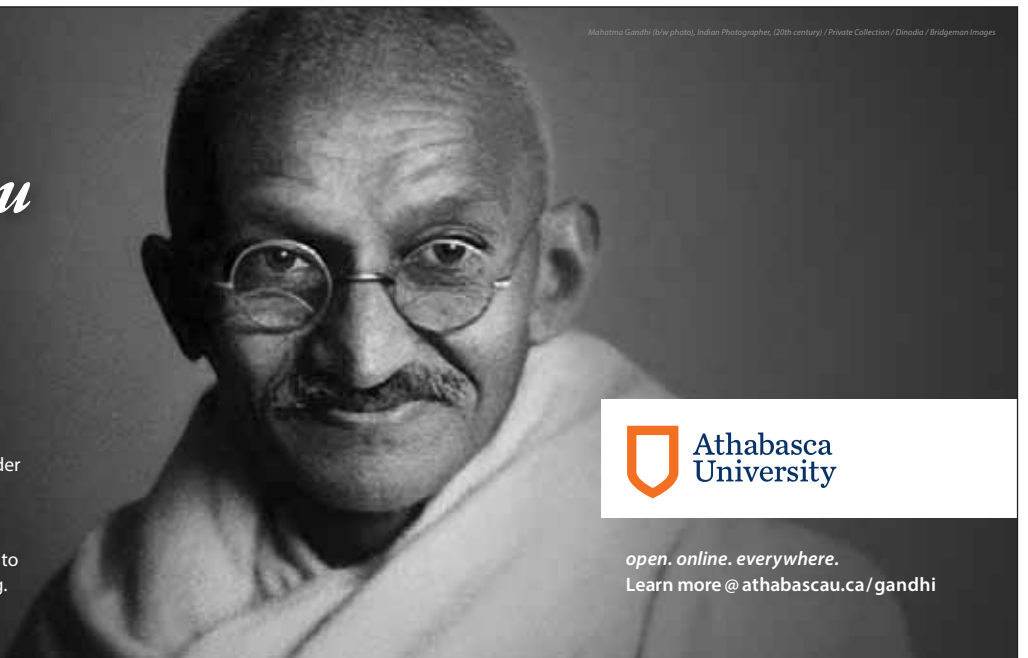
— Jennifer Taplin

*"Live as if you were to die tomorrow. Learn as if you were to live forever."*

### › Mahatma Gandhi: Pioneer of Peace

Gandhi inspired movements for civil rights across the world. The world! Yet this incredible teacher was once just a mediocre student, getting lackluster reports under the confines of traditional education.

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Mahatma Gandhi (new photo), Indian Photographer, 20th century / Private Collection / Dinodia / Bridgeman Images



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# Communication is key to being a leader

*U of A course takes students to the next level*

The better the communication, the better the leader. The leadership communication course through the University of Alberta faculty of extension covers the core language, writing, and speaking skills needed for effective leadership communication.

Thomas Barker, professor of communication, says leadership is a journey and an art.

"As travellers, leaders need humility, persistence and self-awareness to reach their goals," says Barker, faculty of extension graduate program in communication and technology.

"As artists, leaders need tools and techniques for organizing, planning, shaping, and influencing human behaviour, and, most importantly, gaining constant feedback on what works and what doesn't."

He says like artists, leaders take pleasure in seeing their visions come to life in real people.

"Communication is the paintbrush for achieving those visions," says Barker.

This program is designed to take stu-

## COURSE SCHEDULE

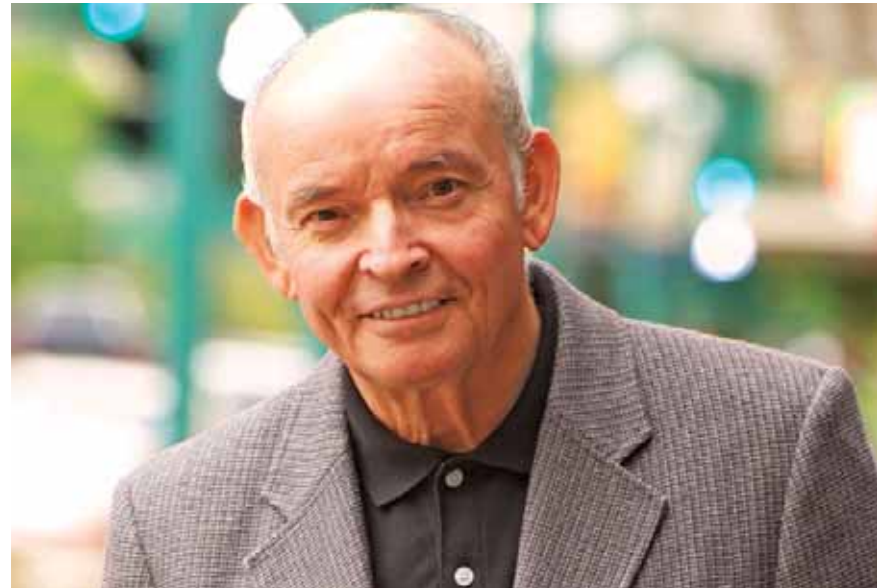
The leadership communication course is part of the new advanced certificate in leadership in the faculty of extension. The next start date for the leadership communication course is Jan. 12 and runs until Jan. 14. It is a full, three-day course from Monday to Wednesday, 8:30 a.m. until 4:30 p.m.

dents to the next level of influence and power in their careers.

"Leadership is not just something practised at the top of organizations," says Barker.

"Managers, supervisors, and consultants all need strong communication leadership skills — these skills make their visions of productivity and performance come to life."

Students of this course learn core communication skills and practise how to use them in daily work.



CONTRIBUTED

Students also assess and grow their understandings of leadership, and their writing, speaking, and emotional skills.

During the course, each student creates a leadership communication growth plan that helps them achieve increased visibility, increased performance, and increased effectiveness as a leader.

"It shows students how to apply those skills in ever-increasing spheres of influ-

ence and power," says Barker. "Those spheres range from teams and meetings to corporate communication and external communications, and focuses on transformational leadership, which simply means the ability to achieve results."

For more information about this course and others available through the University of Alberta faculty of extension, visit the website at [extension.ualberta.ca](http://extension.ualberta.ca).



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### NEW LANGUAGE INSTRUCTION FOR NEWCOMERS (LINC) CLASSES ADDED – GET STARTED IN JANUARY!

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"Now is the perfect season to enrol in college and be ahead of the curve for the new year."

Whether it's to start in the upcoming health care aide or medical unit clerk programs, or any of the in-demand business and payroll diploma programs, Academy of Learning makes it easy to go back to school and get training in a diverse selection of career training programs.

With new students starting each week, there is no need to wait until January to



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Academy of Learning is Canada's largest network of career colleges where students can earn their diploma in less than a year.

For more information, visit the website at [academyoflearning.ab.ca](http://academyoflearning.ab.ca).



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## Demand for workers in health-care aide industry

The field of health-care aide (HCA) is a growing one, with more and more schools offering training for the increasing demand for skill professionals.

Robertson College delivers the provincially recognized health-care aide program and is 100 per cent compliant with the standards and outcomes of the accredited course.

"The need for frontline workers in the personal care of the elderly and sick will always be in demand," says Henry Devlin, president and CEO of Robertson College.

Over the past several years, Robertson College has trained thousands of students to help meet the growing provincial demand for graduates with these skill sets.

The small class environment, easily accessible campus location, and highly qualified and industry-relevant instructors help to make the experience at Robertson a memorable and rewarding one.

Robertson labs and instructors have been selected and designed to produce results for graduates.

"We have a proven track record of training and placing HCA graduates throughout the province," says Devlin.

Robertson College encourages interested individuals to stop by and take a tour, inquire about career education options and see what a college focused on employment really looks like. Visit the website at [robertsoncollege.com](http://robertsoncollege.com).



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## NorQuest helps new Canadians feel at home

Are you new to Canada? NorQuest College supports students' settlement by offering courses that will help you improve English and develop life and work skills.

The Language Instruction for Newcomers to Canada Rural Delivery Program (LINC RDP) is a face-to-face, part-time program designed for recent immigrants who live in small urban centres or in rural areas anywhere in northern Alberta. And since LINC programs are sponsored by Citizenship and Immigration Canada, there is no tuition for qualified students.

### ONLINE CLASSES ALSO AVAILABLE

LINC is also available as an online program, and in the same manner as the rural delivery option, it is available for qualified residents in any northern Alberta community outside of Edmonton. For more information, visit [norquest.ca](http://norquest.ca).



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Many people have moved on from LINC to achieve great personal success — just ask Gaspard Momba, who arrived in Canada from the Democratic Republic of Congo in 2011 and began LINC classes not long after.

"When I first came to Canada, I didn't speak any English," he recalls. "I was afraid to go out, so I just stayed home. And because of that feeling I decided to take responsibility for my own future. The only way to do that was to go to school to learn how to be more independent. Today, I am enrolled in upgrading with many options ahead of me."



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## Looking for design training?

Put yourself into a prosperous and innovative career that will help shape and build Alberta's future.

To get yourself started in this field, Digital School Technical Design College is still accepting individuals for the Jan. 5 start date for the architectural or engineering drafting and design classes.

"Computer aided drafters are in demand in Alberta's energy and construction driven economy," says Charles Jarvis, general manager of Digital School.

At Digital School, not having prior experience in drafting or design is not an obstacle for new students.

"Students of Digital School may not start with a background in engineering or archi-

ture, but within a year they develop the skills and experience as taught by our industry experts," says Jarvis.

Once completed, graduates of this program may find work working directly with engineers and technologists to design, plan, draw, and create products, machines, factories, buildings, highways, and transit systems, in a variety of different industries.

These may include architectural offices, engineering firms, CAD-specific workgroups, home builders, construction companies, all levels of government, and other related industries. Students also have the option to add on the process piping specialty (offered through Digital School).

For more information, visit [digitalschool.ca](http://digitalschool.ca).

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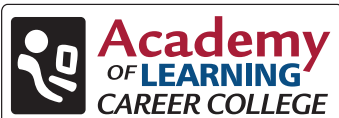
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# Athabasca helps grad discover her edge

## *Rising Star Award recipient soars in challenging industry*

What some might call a career, Jan Reischek (MBA, 2013) calls a fun ride. And it's far from over for the recipient of Athabasca University's 2014 Rising Star Award — she's working on the leading edge of an industry, social media, which scarcely registered a decade ago.

"I really stumbled into my career," says the 33-year-old senior vice-president at ICUC. What started with a little part-time work has evolved into overseeing a global workforce of over 400 and working with client heavyweights like Disney, Starbucks and Virgin.

ICUC is one of the world's largest social media services organizations. Reischek focuses on content moderation, community management and social listening solutions for clients

that, at last tally, included one out of every five Fortune 100 companies.

"If you're on (social media) and talking about a brand, we'll be listening and providing feedback to the client to help with marketing campaigns," she explains.

Social media is becoming more integrated into the marketing mix, and its power is only starting to be realized, she says. The result is a dynamic career in an industry that's quickly changing, always challenging and for her, a perfect

fit. "When I was a kid, I didn't know what I wanted to do, but that's because it didn't exist yet and there wasn't any way for me to articulate it," she says. "I absolutely love what I do."

Given her affinity for the online milieu, it's no surprise that AU is a factor in her success. "I needed something extremely flexible to work with a 60-hour work week and a lot of travel," she explains. "AU is by far one of the best experiences and best things I've ever done."

For more on AU, visit [athabascau.ca/houdini](http://athabascau.ca/houdini).

***"THE PRINCIPLES WE'RE BASING OUR BUSINESS ON ARE TRADITIONAL, BUT SOCIAL MEDIA IS JUST A DIFFERENT PLACE FOR IT TO HAPPEN."***

*— Jan Reischek*



"I'm so fortunate to work with amazing people every day and to provide 'rock star services' for our clients," says Athabasca University MBA alumna Jan Reischek. CONTRIBUTED



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# Classic deli sandwich loses traditional base

**Reuben Strata.** This meal offers you the option of bread but gives sauerkraut the spotlight



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

## FLASH FOOD

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It's not about the base (yes, I know the song is actually all about the "bass," but this was funnier, no?).

It's about the ratio.

Sandwich bases (bread) add calories, carbs, salt and often sugar to your meal. When you switcheroo the nourishing fillings and dial back the cheesy, fatty bits of a classic, you suddenly have a healthier meal that is just as quick.

Here are ways to bump up

### Ingredients

- 2 cups sauerkraut
- 1/4 cup chopped dill
- 4 tbsp mustard
- 1/2 pound pastrami
- 1 sliced tomato
- 1/4 cup grated Swiss cheese

the best so you can have your hoagie and eat it, too.

### Tuna Salad

Forgo the bread and serve in Boston or Bibb lettuce. Use low fat mayo mixed with grainy (zero calorie!) mustard and grate celery into the mix.

### Egg Salad

Omit mayo, use only Greek yogurt, stir in curry powder and spread into celery sticks.

### BLT

Serve open-faced with one slice of crumbled bacon, add a few pieces of lettuce, double up on the tomato and mix low-fat mayo with plain Greek yogurt.

### Grilled Cheese

Choose thin, whole grain rye bread and don't butter it on the



This recipe serves four. THERESA ALBERT

outsides. Instead, measure a teaspoon of butter into the hot pan as though you are frying. Grate aged cheddar and add slivers of apple or pear.

### Wraps

Even whole grain wheat wraps are between 150 and 300 calories and are really just a delivery system for the filling.

Switch to rice paper wraps, which only need a dip in warm water, and then they can hold just about any filling from day-old salad to leftover chicken.

### Reuben Strata

Sauerkraut is a very nutritious, high-fibre, prebiotic food that needs to take on a more starring role.

This layered casserole feels more like a meal than a sandwich, but it couldn't be easier.

1. Preheat oven to 400 F. Empty sauerkraut into colander and rinse under cold water, squeeze dry.

2. Combine dill and mustard.

3. Layer sauerkraut, pastrami, and dill-mustard mix into three layers in a loaf pan. Repeat until out of ingredients.

4. Top with tomato and Swiss cheese. Bake in oven until warmed through and cheese melts, about 10-15 minutes.

5. Serve with whole grain bread and salad. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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## Dinner. Vegetarian Shepherd's Pie With Sweet Potato Topping

1. Heat oil in non-stick skillet over medium heat. Add onion; cook, stirring, 5 minutes, until soft. Stir in mushrooms, garlic and herbs, cook for 3 minutes.

2. Stir in flour and ground round, breaking up with a spoon. Cook, stirring, for about 1 minute.

3. Stir in broth, tomato paste, peas and peppers. Cover and simmer for about 5 minutes, until thickened.

4. Topping: In a large bowl, stir together hot sweet potatoes and butter. Stir in cheese. Set aside.

5. Transfer ground mixture to a lightly greased 8-inch (20 cm) square baking pan or 8 cup/2 L casserole. Spoon sweet potato mixture over top.



This Vegetarian Shepherd's Pie with Sweet Potato Topping recipe serves six. YVES VEGGIE CUISINE

6. Bake in 350 F (180 C) oven for 40 minutes, or until heated through. Sprinkle with parsley if desired. [YVESVEGGIE.CA/RECIPES](http://YVESVEGGIE.CA/RECIPES)

### Ingredients

- 1 tbsp (15 ml) canola oil
- 1 cup (250 ml) diced onion
- 1-1/2 cups (375 ml) finely chopped mushrooms
- 2 cloves garlic, minced
- 1-1/2 tsp (7 ml) each dried thyme and savory
- 3 tbsp (45 ml) all-purpose flour

- 1 pkg (312 g) Yves Veggie Cuisine Original Veggie Ground Round, or (320 g) Garden Veggie Crumble
- 1-1/2 cups (375 ml) vegetable broth
- 2 tbsp (30 ml) tomato paste
- 1/2 cup (125 ml) each: frozen peas and diced yellow peppers

### Toppings

- 3 cups (750 ml) mashed cooked sweet potato
- 1 tbsp (15 ml) butter
- 1/3 cup (75 ml) grated Parmesan cheese (or Parmesan flavour grated soy topping)
- 2 tbsp (30 ml) chopped parsley



## Two-game suspension

### Kane punished for hit from behind

The NHL has given Winnipeg Jets forward Evander Kane a two-game suspension for boarding.

Kane hit Anaheim Ducks defenceman Clayton

Stoner into the boards from behind at 19:49 of the second period of Sunday's game in Winnipeg. Kane



Evander Kane  
GETTY IMAGES

was assessed a major penalty for checking from behind and a game misconduct.

He will forfeit \$56,451.62 US in salary.

The NHL's department of player safety was disappointed that Kane lined up Stoner from across the ice.

"The onus is entirely upon Kane to avoid this check completely or, at the very least, minimize contact," Patrick Burke said on the video announcing the suspension. "Kane does neither."

Kane has not been fined or suspended during his six-year NHL career.

He is eligible to return for another home date with the Ducks on Saturday.

THE CANADIAN PRESS

## Projected NHL salary cap

# \$73M

The NHL's board of governors on Monday was given a preliminary estimate that the 2015-16 salary cap will be roughly \$73 million US. That's depending on the status of the Canadian dollar, which currently is worth 88 cents US.



Japan's Saori Ariyoshi, left, and Azusa Iwashimizu challenge Canada's Jessie Fleming during a friendly soccer match on Oct. 28 in Vancouver. RICH LAM/GETTY IMAGES

# Tribunal allows turf challenge to continue

## Women's World Cup.

FIFA, group of rebel players still at odds following human rights panel's decision

There was a win and loss Monday for both sides in the legal challenge of artificial turf at next year's Women's World Cup.

The Human Rights Tribunal of Ontario, in an interim ruling, denied the players' request that their request for an expedited hearing — which had previously been turned

down — be reconsidered.

But vice-chair Jo-Anne Pickel also rejected FIFA's argument that, under international law, it had not received "effective legal notice" of the proceedings. In so doing, the tribunal ruled that the legal challenge can proceed.

The players allege that having the women play on artificial turf is discriminatory because the men play their showcase tournament on natural grass.

FIFA argues that the laws of the game permit use of artificial turf as long as it meets standards and that the surface makes sense for the Canadian

## Call for talks

Also on Monday, the players offered to meet FIFA secretary-general Jerome Valcke in Brazil to discuss their differences.

- Lawyers for the players made the offer after Valcke said Friday he would only talk with the players in person. He had earlier rejected the offer of a conference call.

climate. And rather than discriminate against women, the world governing body of soc-

cer has spent years working to grow the women's side of the game.

After receiving the original case material and notice from the Ontario tribunal, FIFA argued that the procedure for delivery had not met relevant international treaties.

Pickel disagreed.

"In the circumstances of this case, I find that FIFA has received effective legal notice of this proceeding," she wrote in Monday's 14-page decision. "I also find that all documents so far delivered in this case have been properly delivered in accordance with the Tribunal's rules and all applicable law." THE CANADIAN PRESS

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## NBA

## Raps require OT to excavate Nuggets

Lou Williams scored 26 points, including a big three-pointer in overtime, to lift the Toronto Raptors 112-107 over the Denver Nuggets on Monday.

Jonas Valanciunas — with 18 points and 12 rebounds — and Eastern Conference player of the week Kyle Lowry — with 13 points and 13 assists — both had double-doubles on the night for the Eastern Conference-leading Raptors (16-5). **THE CANADIAN PRESS**

## Rule changes

## IOC moves quickly in big overhaul

The IOC approved a wide-ranging reform package Monday, including a more affordable bidding process, creation of an Olympic television channel and a more flexible sports program that could bring baseball and softball into the 2020 Tokyo Games.

The IOC also approved the rewording of non-discrimination policy to include sexual orientation — a move that followed the controversy over Russia's law against gay "propaganda" ahead of the 2014 Winter Olympics in Sochi.

The International Olympic Committee voted in favour of the new rules on the opening day of a special session to adopt president Thomas Bach's 40-point "Olympic Agenda 2020" program, the biggest changes in the IOC in decades.

**THE ASSOCIATED PRESS**

## Vanier Cup 2015

## Big game returns to Laval University

Laval University in Quebec City will play host to the 2015 Vanier Cup game.

Laval's Telus Stadium will be the venue for the Canadian university football national final for the fourth time in seven years.

Each time, Laval has drawn crowds larger than the stadium's seating capacity of 12,750, including 18,543 in 2013.

There were 22,649 at Percival Molson Stadium for the Vanier Cup on Nov. 29 when the University of Montreal won its first national title with a 20-19 win over McMaster.

**THE CANADIAN PRESS**

# Browns consider QB switch



Browns quarterback Johnny Manziel celebrates scoring a rushing touchdown against the Bills on Nov. 30 in Buffalo. TOM SZCZERBOWSKI/GETTY IMAGES

## Johnny Football. Manziel waiting in the wings as Cleveland struggles with Hoyer

The switch at quarterback for the Browns appears inevitable this week.

Johnny Football may be about to take over Cleveland's offence.

After Brian Hoyer played poorly again in Sunday's loss to Indianapolis, Browns coach Mike Pettine seemed to be on the verge of giving rookie Johnny Manziel his first NFL start against Cincinnati.

"I think it's natural to lean the other way, given the results," Pettine said Monday. "I still want to make sure we do our due diligence and talk to everybody involved."

Pettine was unclear about whether he'd decided to make the change and promote Manziel, the high-profile backup who came off the bench and replaced a struggling Hoyer in the fourth quarter two weeks ago in Buffalo. Pettine, who

## Downward spiral

Hoyer has thrown just one touchdown pass and eight interceptions in the past four games, a slide that has damaged the Browns' hopes of making the playoffs for the first time since 2002.

stuck with Hoyer last week because he had the Browns in the playoff mix, said he wants to meet with his coaching staff and general manager Ray Farmer before telling both quarterbacks and announcing who will face the Bengals.

Pettine said the offensive problems in Sunday's game were deeper than the quarterback, but he called the Browns' passing attack "substandard." Pettine cited dropped passes, receivers running wrong routes and execution as factors but that Hoyer has to play better.

"There are clearly some throws that he missed, but I think it was also exaggerated by how poorly we were in the pass game around him," Pet-

tine said. "We always say it, 'A quarterback is only as good as his supporting cast.' When the guys around him play well, Brian will play well. It's rare that there's a quarterback that can transcend his supporting cast."

"We're in a results business. We've lost two in a row. We all know what the numbers have been in the pass game. For us to be successful, they need to improve."

The Browns (7-6) blew a 14-point lead in the third quarter, when Hoyer and Cleveland's offence failed to get a first down in three straight series.

Pettine said Manziel would "absolutely" be ready if called upon to make his first start. Pettine said nothing is giving him pause to go with the first-round pick.

"I'll fall back on what I've said all along. We pull together the circumstances that we have, just like we did last week. Who gives us the best chance to win?" Pettine said. "That's the decision we go with. To this point, it's been Brian." **THE ASSOCIATED PRESS**

# Plenty left groping for Group of 16

Five-time winner Liverpool and the champions of England and Italy are among the 11 teams competing for five remaining spots in the knockout stage of the Champions League going into the final round of group games this week. **THE ASSOCIATED PRESS** Photos by Getty Images



## Reeling Reds

Liverpool has been a letdown on its return to Europe's top competition after a five-year absence, but can qualify for the next round by beating FC Basel at Anfield on Tuesday.

It won't be easy. Basel has won its last four games versus Premier League teams in Champions League — against Liverpool in October, home and away against Chelsea last season and at home to Man United in 2011 to knock out the then-English champion.

Basel has lost just once in nine games against English teams.

## Ghost City in Rome

Arguably, Manchester City could be without its best four players as it searches for a win to qualify.

Star midfielder Yaya Toure is suspended, top scorer Sergio Aguero is out with a serious-looking knee injury, while playmaker David Silva and captain Vincent Kompany are major injury doubts.

City has won its last five matches, but has never won in Italy.

Roma is level on points with City and CSKA Moscow, which plays first-place Bayern Munich away. Roma qualifies with a win.



## Juve needs a draw

Italian champion Juventus needs a point against already-qualified Atletico Madrid to advance.

Just like last season, Juventus finds itself needing a point in its final group game. It will be hoping to succeed this time.

A goal by Wesley Sneijder for Galatasaray eliminated Juventus last year but, 12 months on, Massimiliano Allegri's team is at home, where it is unbeaten in nine matches in European competition.

Juve could snatch first place by winning by two goals or more. Lose, and Olympiakos finishes second with a win at Malmo.

## Roberto on a roll

Schalke coach Roberto Di Matteo needs a win and a favour from former club Chelsea if Germany is to have four representatives in the last 16.

Schalke heads to eliminated Maribor lying two points behind Sporting Lisbon, which travels to already-qualified Chelsea.

Di Matteo, who guided Chelsea to a Champions League title in 2012, has Schalke playing an effective 3-5-2 formation. The team has won its last three — 3-2 (Wolfsburg), 4-1 (Mainz), 4-0 (Stuttgart).



## Zenit, Monaco to settle Group C

It is winner takes all when Monaco hosts Zenit — with first place in Group C on offer for either club if Bayer Leverkusen loses at Benfica. Monaco also qualifies with a draw.

Real Madrid is the only team with five wins from five games ahead of its home match against Ludogorets in Group B while Barcelona needs to beat Paris Saint-Germain to overhaul the French champions at the top of Group F.



## AUGMENTED REALITY

**Stuck on 12 Across?**  
**Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**



→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### ♈ Aries

**March 21 - April 20**

What occurs today will cause you to question some of your most deeply-held beliefs. Could it be the world is not designed the way they told you it was?

### ♉ Taurus

**April 21 - May 21**

Refuse to settle for second best in anything you do. The standards you set now are the standards you will have to live by for the next few months, so aim high.

### ♊ Gemini

**May 22 - June 21**

It may look as if you are the only one who knows what's going on at the moment but the planets warn you could be kidding yourself.

### ♋ Cancer

**June 22 - July 23**

Don't scatter your energy in too many directions today or you may fail to reach your number one goal. That would be a shame because there is much you can accomplish.

### ♌ Leo

**July 24 - Aug. 23**

Be enthusiastic about what you have to do today. Even if it is the last thing you want to be doing you have no choice but to see it through to the end.

### ♍ Virgo

**Aug. 24 - Sept. 23**

You will need a great deal of patience over the next 24 hours, especially when dealing with authority figures.

### ♎ Libra

**Sept. 24 - Oct. 23**

You will hear something today that sounds too good to be true and you are right to be suspicious. What you are told is only half the story.

### ♏ Scorpio

**Oct. 24 - Nov. 22**

You need to let go of things you no longer need, especially things that have become a drain on your time and energy.

### ♐ Sagittarius

**Nov. 23 - Dec. 21**

Sometimes you are suspicious for no good reason but today you are right to be skeptical of what you see and hear. You need to question what work colleagues are telling you.

### ♑ Capricorn

**Dec. 22 - Jan. 20**

You need to put your financial house in order. Yes, you will have to make cutbacks, but in the long-term it will be worth it. Less means more.

### ♒ Aquarius

**Jan. 21 - Feb. 19**

Today may not be the most exciting day, but it will be important, not least because the motives of someone you have important dealings with will at last be clear to see.

### ♓ Pisces

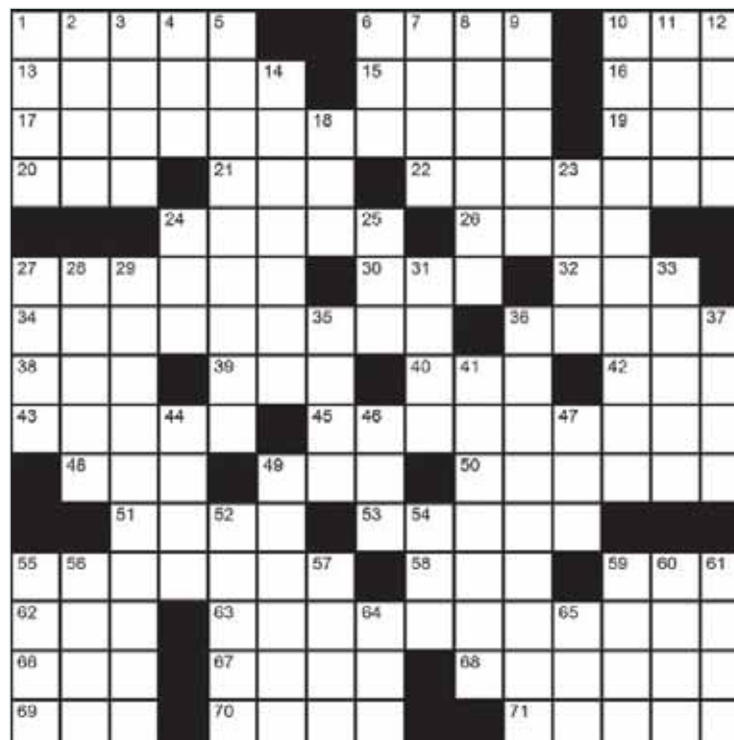
**Feb. 20 - March 20**

You need to deal with a situation that has been bothering you for several weeks. It may require you to make a decision that is in some way final.

## Crossword: Canada Across and Down by Kelly Ann Buchanan

### Across

1. Rocker Mr. Lewis'
6. Li'l quantities
10. Haul
13. Talent show Cat Deeley hosts [acronym]
15. Villain's chuckle
16. Identity part
17. Gwich'in activist (b.1934 - d.2010) who advocated for rights of Aboriginal and northern women. She is also a Member of the Order of Canada.: 2 wds.
19. \_\_\_ mode: 2 wds.
20. Flight simulators co.
21. Sarcastic
22. Tweezers/stencils purchase: 2 wds.
24. President's Choice's Mr. Weston
26. "What's Hecuba to him \_\_\_ to Hecuba..." - Hamlet
27. Ablaze: 2 wds.
30. Long time
32. Richard Wagner aria: "\_\_\_, Mein Holder Abendstern"
34. Christmas-y village in Quebec, \_\_\_
36. Beyonce's 'I Am... \_\_\_ Fierce'
38. Li'l roads
39. Enlightenment in Buddhism
40. \_\_\_-eyed
42. Canadian actress Sandra's
43. Eights: Spanish



45. Vancouver Island community known for its murals
48. Cleave
49. Modern
50. Potential response to "Will you ever?": 2 wds.
51. Network of nerves
53. Some fishies

55. Commonplace
58. Name: French
59. Geog. coordinate
62. Pitcher's stat.
63. This northern Saskatchewan settlement's name reflects its mining heritage: 2 wds.
66. Guys

67. Taboo
68. Salmon: French
69. Not: French
70. Understood
71. Free: French

### Down

1. \_\_\_ Bank Canada
2. Scottish island

3. Raison d'\_\_\_
4. St. John's International Airport code
5. Montreal Hebrew Delicatessen, since 1928
6. Hamilton Bulldogs org.
7. Geri H. bandmate
8. Actress Charlize

9. Mister: Spanish
10. Madonna's "Rebel Heart", recently: 2 wds.
11. Fancy fruit
12. Bearded animal
14. Singer Ms. Love
18. "Affirmative, Admiral!"
23. "Slow down!"
24. Cotton \_\_\_
25. Born, in Boucher-ville
27. Bone, in Italy
28. "Of course!", slangy
29. \_\_\_ Cove (Attraction in Eastern Passage, NS)
31. Ye's follower
33. Casual 'yes'
35. As soon as...
36. Whale, for one: 2 wds.
37. Abbreviated aide
41. Foreboding
44. Due, as dollars
46. Very warm
47. '\_\_\_' for Iqaluit
49. Nerve cell
52. Spare tire locale
54. Single
55. \_\_\_ hearts (Health store purchase)
56. Fertilizer component
57. Horse's 'hair'
59. Branch
60. 'Origin' suffix
61. Ms. Daly
64. This moment
65. \_\_\_ bono? = For whose benefit? ...in Latin

## Yesterday's Crossword



### Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)



## Conceptis Sudoku by Dave Green

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



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